#### Milk

#### Allowed

- Any brand
- Reduced/Low Fat milk (skim. ½%. 1%, 2%)
- Whole milk (if printed on WIC check)
- Container size as printed on WIC check

#### **Not Allowed**

- Almond milk
- Coconut milk
- Filled milk
- Flavored milk (chocolate, strawberry)
- Milk substitutes
- Organic milk
- Rice milk
- Sweetened condensed milk

#### **Cultured Buttermilk**

- Any brand
- Quart size only

### **Evaporated Milk**

- Store brand only
- Evaporated whole milk (if printed on WIC check)
- Evaporated low fat/fat free milk
- 12 oz can only

### Non-Fat Dry Milk

- Store brand only
- 8 quart box only



Reduced/low fat milk has the same nutrients as whole milk, but with less fat and fewer calories.

#### **Goat Milk**

- Meyenberg brand only
- Evaporated whole goat milk (12 oz can only)



#### Lactose Free Milk

- Lactaid brand only
- Whole
- Skim through 2%
- Half gallon container only
- Plain

## Soymilk

(if printed on WIC Check)

- 8th Continent brand only
- Original plain and vanilla flavor only
- Half gallon container only



#### **Tofu** (if printed on WIC check)

· Mori-Nu Brand:

Silken Tofu Soft (12 oz) Silken Tofu Firm (12.3 oz) Silken Tofu Extra Firm (12.3 oz) Silken Lite Tofu Firm (12.3 oz) Organic Silken Tofu Firm (12.3 oz)

 Azumaya Brand: Firm Tofu (14 oz)

NaSoya Brand:

Extra Firm Tofu Organic (14 oz) Firm Tofu Organic (14 oz) Silken Tofu Organic (16 oz)





**Note:** With physician's order, tofu and/or soymilk can be issued to children.

#### Cheese

#### **Allowed**

 Store brand only, block, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses

- 8 or 16 oz blocks
- Store brand sliced American cheese only

String cheese

Grated cheese

Flavored cheese

Shredded cheese

Organic cheese

RICE

#### **Not Allowed**

- Cheese additives
- Deli cheese
- Cheese food Cheese spread
- Cheese product
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese

#### **Brown Rice**

#### Allowed

- · Whole unprocessed grain
- 16 or 32 oz packages only
- · Store brand only

#### **Not Allowed**

- Instant rice
- Organic products

## **Eggs**

#### **Allowed**

- Large, white, grade A or AA
- 1 dozen package only

#### **Not Allowed**

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

#### **Peanut Butter**

#### **Allowed**

- Smooth, creamy or regular, store brand only
- 18 oz jar only

#### **Not Allowed**

- Crunchy peanut butter Low fat peanut butter
- Organic peanut butter
- · Mixtures with jams, jellies or honey

#### **Canned Beans**

#### **Allowed**

- Butter beans, Garbanzo beans, Kidney beans, Navy beans. Pinto beans and Red beans
- Bush's Best brand only
- 16 oz can only



## **Dry Beans, Peas & Lentils**

#### **Allowed**

- Any variety of plain, mature dry beans, peas or lentils Store brand only
- 16 oz package only

#### **Not Allowed**

- Organic products
- Additives or flavors

Beans are high in protein, folate, fiber and have no cholesterol. Try some today!

## Women: Fully Breastfeeding

#### **Canned Fish**

Peanut

**Butter** 

- Light Tuna, (5 or 6 oz) Water packed only Chunk, solid or grated
- Pink Salmon (5, 6, or 7.5 oz) Water packed only

For use by local WIC provider.

- Sardines (3.75 oz) Water packed only
- No foil pouches



Special Supplemental Nutrition Program for Women, Infants and Children

## **Approved Food List** Women & Children



jective October 1,

eptember 30, 2013

DHSS is an equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis

Missouri Department of Health and Senior Services

**WIC and Nutrition Services** 

P.O. Box 570

Jefferson City, MO 65102-0570

573-751-6204

health.mo.gov

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204. Hearing- and speech- impaired citizens can dial 711.

USDA is an equal opportunity provider and employer.

WIC-640 (05-11)

# Cold

Always Save

**Best Choice** 



corn





Flavorite









TOASTED OATS



Great Value

BRAN FLAKES



Essential

Everyday

Malt-O-Meal Quaker Oats Ralston

Flavorite

Schnucks



















**Best Choice** Apple Grape Pineapple Tomato Vegetable

White Grape

Diane's Garden

Vegetable

**Dierbergs** 

GRAPE

Flavorite

Grapefruit

Pineapple

White Grape

Apple Grape



Scrape Julice

Apple

Grape

Tomato

Vegetable

White Grape

**Great Value** 





100% Juice

For Children Only

64 oz Plastic Bottle









#### ₹0 Schnucks Apple Grape Grapefruit





Apple Grape Pineapple White Grape White Grapefruit



Shurfine



**Great Value** Apple Pineapple Orange Tomato Vegetable



Orange



## 11.5 - 12 oz Frozen Concentrate

Hy-Vee

Apple



**Best Choice** 

Orange Country Style

Orange Pulp Free

Orange w/Calcium

Apple

Grape

Orange

Crisp

Orange



IGA 📞 ORANGE JUICE

IGA Apple Juice Apple **Shop N Save** 

I (A) THICK Oncerns

**Old Orchard** 

Orange w/Calcium

Apple

Grape

Orange

Pineapple

Orange

Orange Added Pulp

Orange w/Calcium

VALU TIME

or 問題

Value Time

Orange w/Calcium

Orange Pulp Free

11.5 - 12 oz

Apple

Orange

White Grape

Orange Orange Added Pulp Orange w/Calcium



Orange w/Calcium APPLE JUICE Kroger Apple Apple w/Calcium

Grape Shurfine Grapefruit Apple Orange Orange Orange Pulp Free Orange Pulp Free Orange Pulp More Orange Country Style Orange w/Calcium



Apple Grape Orange Pineapple

Pineapple





**Midwest Country** Fare Orange



## 46 oz Can



Grapefruit

Orange

Tomato

Vegetable

**Best Choice** 

Pineapple

Diane's Garden

Tomato

Tomato



Shop N Save







## • Any 64 fl oz (half gallon) containers

- Any orange juices
- Any brands listed above
- · Refrigerated or non refrigerated







Grapefruit Pineapple White Grape



**Old Orchard** Apple Grape White Grape







## **Allowed - Orange Juice**

# **Always Save**

Kroger Pineapple Vegetable



Midwest **Country Fare** Tomato

Shurfine

Pineapple

Vegetable

Tomato

tomate juice

**Value Time** 



**Schnucks** Orange Juice Pineapple Tomato Vegetable



**Great Value** 

Orange Country Style

Orange Pulp Free

Orange w/Calcium

Apple

Grape

Grapefruit

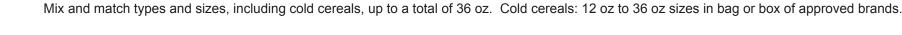
Ну-Тор

Apple

Orange

Langers





CREAMY WHEAT

Instant OATMEAL



Great Value Hy Top